

**Mental Disorders**  
(from MyTherapy's Website)

- [Adjustment Disorder](#)

## **Anxiety Disorders**

- [Acute Stress Disorder](#)
- [Panic Disorder](#)
- [Agoraphobia Without History of Panic Disorder](#)
- [Social Phobia](#)
- [Specific Phobia \(formerly Simple Phobia\)](#)
- [Obsessive-Compulsive Disorder](#)
- [Posttraumatic Stress Disorder](#)
- [Generalized Anxiety Disorder](#)

## **Childhood Disorders**

- [Attention-Deficit Hyperactivity Disorder](#)
- [Asperger's Disorder](#)
- [Autistic Disorder](#)
- [Conduct Disorder](#)
- [Oppositional Defiant Disorder](#)
- [Separation Anxiety Disorder](#)
- [Tourette's Disorder](#)

## **Eating Disorders**

- [Anorexia Nervosa](#)
- [Bulimia Nervosa](#)

## **Mood Disorders**

- [Major Depressive Disorder](#)
- [Bipolar Disorder \(Manic Depression\)](#)
- [Cyclothymic Disorder](#)
- [Dysthymic Disorder](#)

## **Cognitive Disorders (Delirium, Dementia, Amnestic Disorders)**

- [Delirium](#)
- [Multi-Infarct Dementia](#)
- [Dementia Associated With Alcoholism](#)
- [Dementia of the Alzheimer Type](#)
- [Dementia](#)

## Personality Disorders

- [Paranoid Personality Disorder](#)
- [Schizoid Personality Disorder](#)
- [Schizotypal Personality Disorder](#)
- [Antisocial Personality Disorder](#)
- [Borderline Personality Disorder](#)
- [Histrionic Personality Disorder](#)
- [Narcissistic Personality Disorder](#)
- [Avoidant Personality Disorder](#)
- [Dependent Personality Disorder](#)
- [Obsessive-Compulsive Personality Disorder](#)

## Schizophrenia & Other Psychotic Disorders

- [Schizophrenia](#)
- [Delusional Disorder](#)
- [Brief Psychotic Disorder](#)
- [Schizophreniform Disorder](#)
- [Schizoaffective Disorder](#)
- [Shared Psychotic Disorder](#)

## Substance-Related Disorders

- [Alcohol Dependence](#)
- [Amphetamine Dependence](#)
- [Cannabis Dependence](#)
- [Cocaine Dependence](#)
- [Hallucinogen Dependence](#)
- [Inhalant Dependence](#)
- [Nicotine Dependence](#)
- [Opioid Dependence](#)
- [Phencyclidine Dependence](#)
- [Sedative Dependence](#)

**53 Total**

## Most People With Severe Mental Illness Aren't Treated

More than two-thirds of all the people that suffer from severe mental illness are never treated. **Fifteen percent** of the population suffers from mental illness.

The massive "Global Burden Of Disease" study conducted by the World Health Organization, the World Bank, and Harvard University measured the leading causes of disability (counting lost years of healthy life). In developed countries, the ten leading causes of lost years of healthy life at ages 15-44 were: (1) **Major Depressive Disorder**, (2) **Alcohol Use**, (3) Road Traffic Accidents, (4) **Schizophrenia**, (5) **Self-Inflicted Injuries**, (6) **Bipolar Disorder**, (7) **Drug Use**, (8) **Obsessive-Compulsive Disorders**, (9) Osteoarthritis, (10) **Violence**.

All of these common mental disorders are legitimate illnesses that are responsive to specific treatments. Yet only one-third of people with severe mental illness are ever treated.

## Therapists Often Disagree About Diagnosis

The **same** patient may get a **different** diagnosis depending on which therapist he/she sees. The problem is that many therapists don't use any internationally accepted, standardized way of making a diagnosis. This can lead to great diagnostic confusion between therapists. Incorrect diagnosis usually leads to incorrect treatment.

This diagnostic confusion could be avoided if all therapists arrived at a psychiatric diagnosis the same standardized way. Fortunately, there is an internationally accepted standard for psychiatric diagnosis. It is called the "DSM-IV" (Diagnostic and Statistical Manual, Fourth Revision, by the American Psychiatric Association). This diagnostic system (and its identical twin, the European ICD-10 system) has proven validity and reliability. All psychiatric research now is based on this diagnostic system.